

REGULAR ACTIVITIES IN LLANGROVE VILLAGE

ART CLASS

Mondays: 10am-1pm - Llangrove Village Hall

Suitable for all levels from beginners to advanced.

- A structured course with guidance through each step, demonstrations of techniques and individual help.
- Various styles covered.
- Option to work on your own favourite subject - with individual tuition and guidance.
- A small and friendly group with places limited to 12 to ensure individual attention.

Do come and join us!

Please contact Brian for more details, 01989 769 747 or brian@griffiths1.plus.com

VILLAGE SINGERS

The Village Singers meet every Monday 7.30 to 9.30pm during term-time at the village hall.

We aim for a varied repertoire, making rehearsal nights fun under the leadership of our exceptional MD Tim Murray.

There are no auditions, or requirement to read music, just to come along enjoy learning music and singing and to reap the many benefits of a social musical evening.

We arrange two Family and Friends evening a year, and the occasional performance at local events.

Everyone is very welcome, and Tim strongly believes everyone can sing!

Come and join us we're a friendly, social choir who have fun on a Monday night...so give us a try.

If you would like to know more, contact Bobby Woodcock at villagesingers@mail.com

BEAVERS, CUBS AND SCOUTS

1st Whitchurch & Llangrove Scout Group meet on a Tuesday evening.

For further information and times for each group please contact Kev Hatherill, dc.ross@scoutshw.org.uk

COFFEE MORNING

Coffee Mornings are held on the second Wednesday of the month at the Village Hall, 10.30am - 12pm.

CRAFT 'N' CHAT

Everyone is welcome to join Craft 'n' Chat group who meet in Llangrove Village Hall every fortnight on Wednesday afternoons 1pm - 4pm.

Aim of group is to provide space for people to meet, chat, exchange ideas and work on any craft projects of their choice, all abilities, and projects welcome.

Costs: Contributions requested towards refreshments and hall hire.

For more information contact: Fiona Williams, Fiona.project42@btinternet.com, Mobile: 07951 485 676

LLANGROVE & DISTRICT GARDENING SOCIETY

Llangrove & District Gardening Society meet in Llangrove Village Hall on the 1st Thursday of most months. Talks are organised on various topics.

Talks start at 7.30pm in Llangrove Village Hall. Admission for visitors is just £4 including refreshments. No need to book! All welcome. For more information contact Francesca De Monterey frapannini@gmail.com

RAINBOWS AND BROWNIES

Rainbows and Brownies meet every Wednesday in term time at Llangrove Village Hall.

For further information please contact Wendy Price on 01989 770 450

YOGA

THURSDAY YOGA

Yoga classes meet at Llangrove Village Hall on Thursday 9.15 - 10.15. No booking required. www.nykiyoga.co.uk
Gentle flows and mindfulness to start your day well.

SUNDAY EVENING YOGA

Yoga classes for those unable to make midweek classes take place on a Sunday evening in Llangrove Village Hall from 7pm to 8pm. Please contact Julietta Howell to register on 07415 966 014 or e-mail howelljules22@gmail.com.

THE ROYAL ARMS – QUIZ NIGHT

The Royal Arms pub holds a fortnightly Quiz Night on alternate Thursdays, food is served from 7pm & booking is essential. Contact: Claire or Peter Nottage 01989 770 267 to book your team's place.

WALKING GROUP

The village walking group meet on the 1st & 3rd Thursday of the month outside the Llangrove Village Hall Bus Stop at 9.30am and then undertake a walk of one of the many walks around the village. The walks is determined on the day by the group. Contact Lesley Winters winters.lesley@gmail.com or call 07955 393 439 for more information.

WOMEN'S INSTITUTE

The Women's Institute (WI) meet on the 3rd Thursday of the month in Llangrove Village Hall.

If you would like more information, then please feel free to contact a member of our committee or Penny Saunders nickandpenny_saunders@yahoo.co.uk

TALK COMMUNITY / WARM WELCOME

Talk Community and Warm Welcome are on Fridays in Llangrove Village Hall, come along and have a cup of Coffee or Tea, some lunch, or just a chat.

Warm Welcome is from 11a.m. until 1.30p.m. It includes refreshments and 'Soup & Pudding' lunch.

Talk Community meet from 3p.m. until 4.45p.m. This is for families get together after school for cake, biscuits, drinks and time for youngsters to play and parents, carers to support each other. Others welcome to join us.

For further information please contact Wendy Price on 01989 770 450

TABLE TENNIS

Table Tennis meet Fridays 7-9 pm every week in Llangrove Village Hall

Please contact Graham King for more details kinggraham60@gmail.com

TRETAWDY FARM NATURE RESERVE VOLUNTEERS

Herefordshire Wildlife Trust manages over 50 nature reserves across the county. Our volunteers are an invaluable asset, assisting us in carrying out many conservation tasks on our reserves, maintaining them as valuable sites for wildlife.

The Tretawdy Farm Nature Reserve Group meet on the first Wednesday and the first Saturday of the month to undertake varied tasks, so for a fun and interesting day in the beautiful countryside, come along and join the team.

If you would like to become a volunteer or just want more information, then please contact Nigel or Lesley Winters winters.lesley@gmail.com or call 07955 393 439.

BALLET CLASSES

Monnow Ballet School is a small ballet school specialising in quality ballet tuition for children aged 3+ years and adults of all abilities.

Dancing is a delight for everyone, whatever our age, and ballet offers so many benefits. It improves posture (essential for health and fitness), develops spatial awareness, promotes social confidence and creativity, and gives dancers a magical connection with and understanding of the music we move to.

Monnow Ballet School is run by Nina Salmon, a registered teacher of The Royal Academy of Dance.

Please contact Nina Salmon, 07974 117 701 - ninasalmon@hotmail.com, www.monnowballet.co.uk

ROYAL ARMS READING GROUP

The Reading Group meets monthly in the Royal Arms, on the first Wednesday of the month at 7:30. Meet for a discussion and a social drink. A new book is provided by Herefordshire Libraries every month and genre varies with the group proposing titles or possible future books.

Please contact Denise Morehead at dmorehead@hotmail.co.uk or 01989 770 652

ROAMING READERS BOOK GROUP

Roaming Readers Book Group are a local group who meet monthly to discuss the latest book provided by Herefordshire libraries. We meet in our members' homes. Hence Roaming. Discussions are always interesting, broad ranging and convivial. All aided by a cup of tea, coffee, glass of wine and cake provided with readers making a contribution of £1.

Anne Hauke is our contact.

Sadly, we're at maximum members at present but your name can be added to a waiting list.

If you are interested please contact annehauke@icloud.com

LLANGROVE COMMUNITY PRODUCTIONS

Llangrove Community Productions puts on an annual pantomime. Please contact Mike Green if you are interested in getting involved in any way llangrovecommunityproductions@gmail.com, 07876 418 995.

LLANGROVE HISTORY GROUP

The Llangrove History Group is a fledgling group interested in local history. They meet on the second Friday of the month at 9:30 in Llangrove Village Hall. Everyone welcome.

Please contact Barbara Fisher (barbara.lewis13@btinternet.com) or Lesley Winters (winters.lesley@gmail.com) for more information.

CHRISTIAN COMMUNITY

Christian Community meet at Christ Church on Sundays at 10a.m. weekly. All Welcome.

ARCHENFIELD COMMUNITY ENVIRONMENT GROUP (ACEG)

ACEG volunteers organise a range of events and talks on themes of biodiversity and the natural world, waste reduction, sustainability and climate change.

Talks are usually on the fourth Thursday of the month, and an annual apple juicing day runs in the autumn. They provide monthly newsletter, projects include installing bat boxes and running a community tree nursery. Contact: archenfieldceg@gmail.com.

ARCHENFIELD REPAIR CAFE

The Repair Cafe is an ACEG project and is open every second Saturday of the month 2pm – 4.00pm, usually in Llangrove Village Hall. See their Facebook page for more details [Archenfield Repair Cafe | Facebook](#). Skilled volunteers provide repair services and will demonstrate what they are doing so that you can learn new skills too. This includes textiles, furniture, electrical goods, IT and much more. There is also a refreshment café. Contact: ArchenfieldRepairCafe@gmail.com